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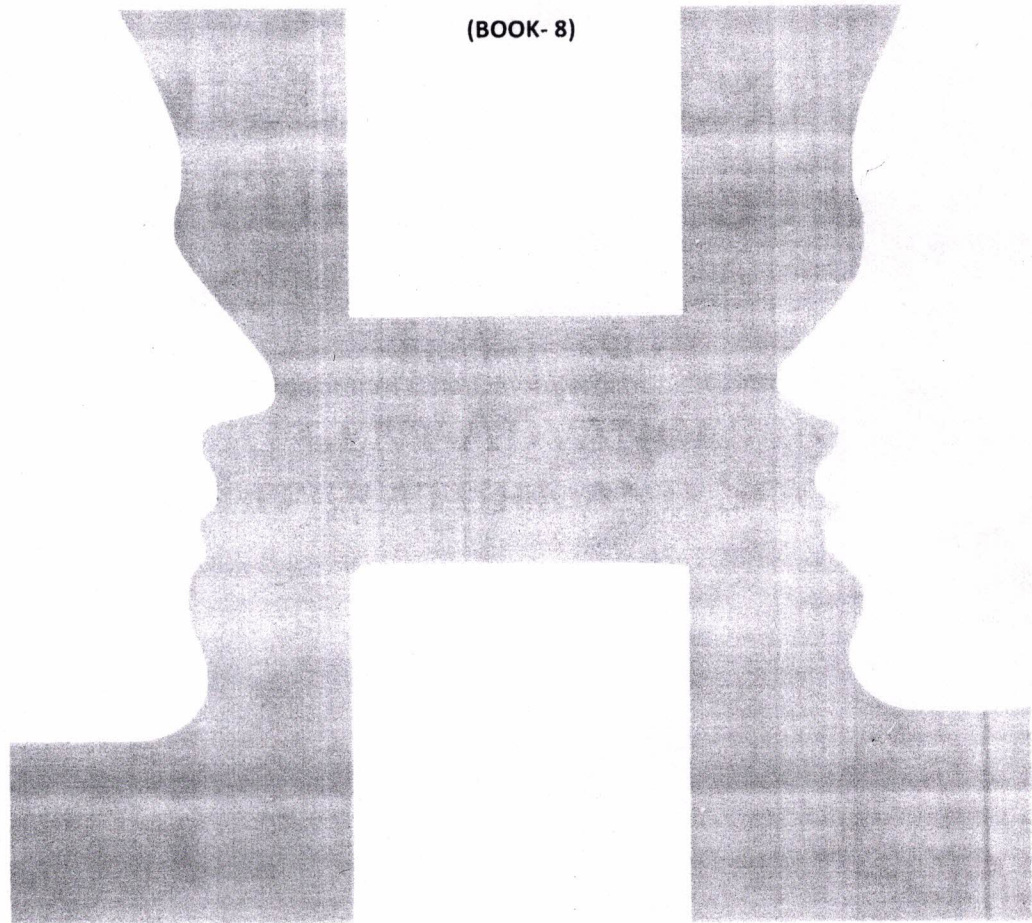
SPECIAL ISSUE

On the Occasion of One Day International Conference On

RECENT ADVANCES IN LANGUAGES, LITERATURE AND SOCIAL SCIENCES

17th February, 2018

(BOOK- 8)



Guest Editors

Dr. Krutika Khandare
Dr. Vijay Matkar

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**Recent Advances in Languages, Literature and
Social Sciences**

Guest Editors

Dr. Krutika Khandare

Dept. of Economics,
Dr. B.A.M. University, Aurangabad

Dr. Vijay Matkar

Dept. of English,
Shivaji College, Kannad, Dist. Aurangabad

**MGEW SOCIETY'S
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Contact: +91 9730721393 +91 8329000732 chcskalyan@gmail.com

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EDITORIAL

Welcome to Aurangabad for the 4th International Conference on *Recent Advances in Languages, Literature and Social Sciences*. We are honoured to be co-hosting this event with *New Man Publication, Parbhani*.

The present conference - *Recent Advances in Languages, Literature and Social Sciences* being organized by the Centre for Humanities and Cultural Studies (CHCS) and *New Man International Journal of Multidisciplinary Studies (NMIJMS)* - provides an opportunity for academic scholars, researchers and policy makers with different backgrounds and experiences to present their researches in the conference and to discuss their ideas and research results, as well as any practical challenge encountered and/or the solutions adopted during their work. The aim of this conference is to facilitate a platform for networking, sharing, publishing and nurturing the potential growth of individual scholar across the globe.

In the present context when most of the social, economic, cultural and political practices are evolving and changing at a greater magnitude, there are many areas where social scientists, critics and linguists have to study and analyze the nature of the change and its impact on human relationship and communication.

The present conference basically aims at bringing the scholars and students together for comprehensive discussion on the topic. It also expects the interactions among researchers, teachers, academicians and students of various institutions with a variety of specializations.

We appreciate the efforts of all the members, peer review committee, editorial team and all the members associated with the conference and proceedings publication

We congratulate all the contributors, delegates and the researchers for unearthing the issues in the field of Languages, Literature and Social Sciences and exploring opportunities in this area. We are sure that the proceedings of the conference would be a valuable source for the researchers in the field of Humanities.

Dr. Krutika Khandare
Dr. Vija Matkar

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PHYSICAL EDUCATION: NEED AND IMPORTANCE**Dr. Chandrakant B. Satpute**

Head, Dept. of Physical Education & Sports
S.S.J.E.S.'s Arts, Commerce and Science College,
Gangakhed-431514 Dist. Parbhani
Mob. 09763770099

Introduction:

Physical education refers to the process of imparting systematic instructions in physical exercise, sports, games, and hygiene. The term is generally used for the physical education programs at school and colleges.

Education aims at the training of the body, mind, and conduct of a student. To keep a healthy mind within a healthy body, a student needs regular physical exercise.

The brain of students gets tired after schoolwork. His mind refuses to work. Therefore, for diversion and refreshment of mind, he requires some organized forms of physical and mental work.

Key Words:

Sports, Physical Education, Games, Physical Fitness etc.

The Need of Physical education

Physical education forms an important part of modern education. Almost every school can boast of a playground, and one or two teams. In every modern school and colleges, after class work, students join various sports and games. The students generally take to all kinds of physical activities and show a great deal of interest in them.

Various kinds of sports and games

Various kinds of games, sports, and physical exercises are taught in schools as part of physical education program. Some of them are outdoor, others indoor. The Sports and Games include football, hockey, cricket, tennis, badminton, volleyball, and so on. Sports include popular pastimes like swimming, boating, athletic activities like pole jump, long jump, racing, and javelin throwing. Students are also taught physical exercises to improve and maintain good health.

Importance Physical education to students

Physical Education is of special importance to students.

1. They are great sources of pleasure to them.
2. They build the body and refresh their mind.
3. They train the mind in many virtues.
4. They teach the players discipline and team spirit. In school sports, the players have to obey certain rules. They have to submit to the ruling of the referee or the umpire. Thus, they learn discipline and obedience.
5. Physical education creates in students 'the sporting spirit'. The students learn to play fair and honourably and to keep the rules of the game.
6. They learn to be fair to their opponents.
7. They develop pluck and patience.

8. School sports teach them to take a defeat in a good spirit.

Physical education aims at bringing the best in the students.

Advantages of Playing Sports and Games

Sports and Games play an important role in the overall development of mind and body of a child, a teenager, and even an adult. The advantages of playing Sports and Games are mentioned below:

1. **Physical fitness:** Sports and Games played in the open air exercise all the limbs of the body and make us physically fit.
2. **Pleasure:** Every one taking part in a outdoor game tries his best to show his skill. These games benefit our health and give us pleasure.
3. **Learn to obey rules:** All the players are to obey the rules of the Sports and Games and sports that they play. If any player plays foul game, the referee at once pulls him up. In this way, they learn to play clean game according to rules.
4. **Discipline and team spirit:** Again, several players have to combine together as a team. They have to play under the leadership of a captain. They learn discipline and develop team spirit.
5. **Virtues:** These games call forth several manly virtues, such as courage, endurance, patience, and presence of mind.
6. **Learn to organize things:** Every player has to sacrifice his personal gains and passions. The captain gives proper direction to his team without fear and bias. Thus, the players learn discipline and organization. The captains ripen into leaders of men in society in course of time.
7. **Learns to accept defeat with grace:** When an outdoor game is fought and lost, the defeated party accepts the result in good grace. The victors do not cast a fling at the players who have lost the game. Thus, a sporting spirit develops and the players learn how to be generous and fair to others.

Value of Physical education

- 1) **Forms character:** Physical education teaches us endurance and presence of mind. They build up character and train us to become useful citizens. A good sportsman generally leads others in sports. He thus acquires qualities of leadership.
- 2) **Develops the sense of discipline:** The players are given systematic instructions in physical education programs of schools and other educational institutions. They have to obey the orders of the trainer and the captain. They thus learn obedience and discipline. Sports and

Games teach us to bear defeat calmly and to respect the winners. They also promote a spirit of good will and sportsmanship.

- 3) **Benefits to mind and body:** Physical education do well both to the body and the mind. After brainwork in schools, students generally feel fatigued. In Sports and Games in the afternoon, they inhale fresh air and feel energetic. These games give free play to all the organs of the body. Therefore, their health is improved. Sports and Games are played together.

Remedies:

The abuses of the Sports and Games can be checked under proper guidance. The games played

under careful supervision and with moderation will do well to both the body and the mind of the players.

Conclusion:

In the past, these Sports and Games were much neglected. The guardians did not encourage them. They wrongly thought that these games would divert the minds of young learners from their studies. They also feared that the young boys might fall into bad company and get spoiled. However, there has been a change in attitude of the Indians towards Sports and Games. They have fully realized that boys lose their health without Sports and Games. Therefore, these sports and games have now been made a compulsory part of school and college education.

Thus, Physical education is of great value.

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